















ALL REGIONS v6	Date	20.05.24
	Menu	Simplicity Spring Summer 2024















Allergy Advice:

- Ingredients highlighted with ✓ are allergens that are present in this product
- Ingredients highlighted with the letters MC = Cross Contamination risk indicating that this ingredient is present in the manufacturing site, factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food
- Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen

Menu Item	Allergens													
														
Mains	Celery	Cereals with Gluten (WHEAT, OATS, BARLEY, RYE)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustards	Peanuts	Nuts (from Trees)	Sesame	Soya/ Soybeans	Sulphur D02/ Sulphites
BBQ Chicken (188648/ 188649)		✓ BARLEY WHEAT											✓	
SA BBQ Chicken (117211/ 150344)														
Chicken Tikka Masala (188417/ 188418)														
SA Chicken Tikka Masala (117211/ 89708)							✓							
Roast Chicken & Gravy (CONTAINS SOYBEAN FULLY REFINED) (188428)														
Roast Chicken (CONTAINS SOYBEAN FULLY REFINED) (184989)														
SA Plain Chicken (117211)														
SA SFC Goujon (CONTAINS SOYBEAN FULLY REFINED) (130657)	✓	✓ WHEAT												
SA Breaded Goujon (188530)		✓ WHEAT												
Italian Chicken (184962/ 184963)							✓							
SA Italian Chicken (117211/ 125851/ 111925)							✓							

ALL REGIONS v6	Date	20.05.24
	Menu	Simplicity Spring Summer 2024











Beef Pasta Bolognese (187864)		✓ WHEAT												
Beef Burger (PATTY ONLY) (115755)		✓ WHEAT		✓									✓	
SA Beef Burger (119029/ 5222)		✓ WHEAT		✓								MC	✓	
SA Roast Beef (188529)														
Ham in Gravy (188420) (CONTAINS DEXTROSE WHICH CAN BE DERIVED FROM EITHER WHEAT OR MAIZE EXTRACTS)														
Sliced Ham (188432/ 188433) (CONTAINS DEXTROSE WHICH CAN BE DERIVED FROM EITHER WHEAT OR MAIZE EXTRACTS)														
Pork Sausages with Gravy (188422)		✓ WHEAT												
SA Pork Sausage (184386)		✓ WHEAT OAT MC SPELT												✓
Breaded Fish Fingers (187316)		✓ WHEAT			✓									
SA Fish Fingers (32312)		✓ WHEAT			✓									

Menu Item	Allergens													
Mains														
Mains	Celery	Cereals with Gluten (WHEAT, OATS, BARLEY, RYE)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustards	Peanuts	Nuts (from Trees)	Sesame	Soya/ Soybeans	Sulphur D02/ Sulphites
Cheese & Tomato Pasta (110458)		✓ WHEAT					✓						✓	
SA Cheese & Tomato Pasta (34415/ 125851/ 111925)		✓ WHEAT		MC			✓		MC				MC	
Cheese & Tomato Pizza (110434)		✓ WHEAT		MC			✓							
SA Cheese & Tomato Pizza (52556)		✓ WHEAT					✓							
Macaroni Cheese (110420)		✓ WHEAT					✓						✓	

ALL REGIONS v6	Date	20.05.24
	Menu	Simplicity Spring Summer 2024

SA Macaroni Cheese (34415/ 116408/ 111925)	✓ WHEAT	MC	✓	MC							MC	
Cauliflower Macaroni Cheese (187878/ 187866)	✓ WHEAT		✓								✓	
SA Cauliflower Macaroni Cheese (450541/ 34415/ 116408/ 111925)	✓ WHEAT	MC	✓	MC							MC	
Omelette (3135)		✓	✓									
Cheese & Onion Pasty (3903)	✓ WHEAT		✓									
Cheese & Veg Bake (187865/ 187877)			✓								✓	
Quorn Pattie & Chips (115760) (BARLEY MALT EXTRACT <20PPM)	✓ WHEAT, BARLEY	✓	✓									
Chickpea & Vegetable Tikka Masala with Brown Rice (187873)												
Quorn Cocktail Sausages & Gravy (188654/ 188655)	✓ WHEAT, BARLEY	✓	✓									
SA Vegan Sausage (135197)	✓ WHEAT											
Vegan Nuggets & Chips (188658/ 188659)	✓ WHEAT, OAT										✓	
SA Vegetarian Dippers (135198)	✓ WHEAT											
Vegetarian Balls in Tomato Sauce (187882/ 187869)												
SA Veggie Balls in Tomato Sauce (184528/ 125851)												
Vegetarian Bolognese Sauce (For Jackets) (187881)											✓	
Vegetarian Pasta Bolognese (187880)	✓ WHEAT										✓	
Vegetarian Chilli No Carne with Rice (188650/ 188651)											✓	✓
Vegetarian Cowboy Pasta (188652/ 188653)	✓ WHEAT, BARLEY	✓	✓									








ALL REGIONS v6	Date	20.05.24
	Menu	Simplicity Spring Summer 2024

Menu Item	Allergens													
														
Jacket Potatoes, Sandwich Fillers & Sides	Celery	Cereals with Gluten (WHEAT, OATS, BARLEY, RYE)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts (from Trees)	Sesame	Soya/Soybeans	Sulphur D02/Sulphites
Jacket Potato with Baked Beans														
Jacket Potato with Cheese							✓							
Jacket Potato with Salmon Mayo				✓	✓									
Jacket Potato with Tuna Mayo				✓	✓									
Jacket Potato with BBQ Beans														
Ham (75790)														
Cheese (185324)							✓							
Rice (110466)														
SA Rice(3797)														
Roast Potatoes (110468)														
SA Roast Potatoes (114437)														
Mashed Potatoes (110470)							✓							
SA Mashed Potatoes (123260/ 131039)														
Chips (110474)														
SA Chips (184181/ 3894)														
Jacket Potatoes (110476)														















ALL REGIONS v6	Date	20.05.24
	Menu	Simplicity Spring Summer 2024

Diced Potatoes (110472)														
SA Diced Potatoes (30080)		✓ WHEAT												
Bread		✓ WHEAT MC BARLEY										MC	✓	
SA Bread (86205)		✓ WHEAT		MC			MC						✓	
Bread Rolls (Burger Bun) 5222		✓ WHEAT										MC		
Pasta (184968)		✓ WHEAT												
SA Pasta (34415)		✓ WHEAT		MC					MC				MC	
SA Yorkshire Pudding (3090)		✓ WHEAT		✓			✓							

ALL REGIONS v6	Date	20.05.24
	Menu	Simplicity Spring Summer 2024

Menu Item	Allergens													
														
Veg & Condiments	Celery	Cereals with Gluten (WHEAT, OATS, BARLEY, RYE)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustards	Peanuts	Nuts (from Trees)	Sesame	Soya/Soybeans	Sulphur D02/Sulphites
Green Beans (127838)														
SA Green Beans (111275)														
Garden Peas (110480)														
SA Peas (188643)														
Rainbow Veg / Spring Vegetable Mix (110482)														
Heinz Baked Beans (74337)														
SA Baked Beans (120893)														
Carrot & Cabbage (123741)														
SA Carrots (111280)														
Golden Sweetcorn (110478)														
SA Sweetcorn (187718)														
Mixed Salad: Tomatoes, peppers, cucumber, sweetcorn, lettuce, beetroot														
Raisins (Salad) (268)														
Drinking Milk							✓							
Heinz Mayonnaise				✓					✓					
Heinz 50/50 Ketchup	✓													
Gravy (188472)														
Kerrymaid Butter (465077)							✓							



ALL REGIONS v6	Date	20.05.24
	Menu	Simplicity Spring Summer 2024

Menu Item	Allergens													
														
Desserts & Special Diet Desserts	Celery	Cereals with Gluten (WHEAT, OATS, BARLEY, RYE)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustards	Peanuts	Nuts (from Trees)	Sesame	Soya/Soybeans	Sulphur D02/Sulphites
KIRTONS Vanilla Sponge		✓ WHEAT		✓			✓						✓	
KIRTONS Banana Marble Cake 50% Fruit		✓ WHEAT		✓			✓							
KIRTONS Jammy Jack		✓ OATS												
Low Fat Smooth Fruit Yogurt (Strawberry & Cherry) (116516/116517)							✓							
KIRTONS Dorset Apple Cake 50% Fruit		✓ WHEAT		✓			✓							
KIRTONS Crispy Crackle Bar		✓ WHEAT, OAT					✓						✓	
KIRTONS Golden Flapjack		✓ OAT												
KIRTONS Chocolate & Blackcurrant Sponge		✓ WHEAT		✓			✓							
KIRTONS Chocolate & Pear Sponge		✓ WHEAT		✓			✓							
KIRTONS Raspberry Slice		✓ WHEAT		✓			✓							
KIRTONS Oatie Cookie		✓ WHEAT, OAT		✓			✓							
SA Oatie Cookie		✓ WHEAT, OAT		✓			✓							
SA Lemon Cookie		✓ WHEAT, OAT		✓			✓							
SA Chocolate Cookie		✓ WHEAT		✓			✓							
Ice Cream (1234)							✓							

ALL REGIONS v6	Date	20.05.24
	Menu	Simplicity Spring Summer 2024

Fresh Fruit/Fruity Friday in Lemon Juice														✓
Watermelon (124495)														
Banana (184847)														
SD Vanilla Pot (121525)													✓	
SD Jelly Squeeze														
SD Shortbread (101480)		GF OATS												
SD Ambrosia Devon Custard (West Sussex)							✓							
SD Hartley's Jelly Pot (West Sussex)														
SD Fruit Bear YOYO (127288)														

ALL REGIONS v6	Date	20.05.24
	Menu	Simplicity Spring Summer 2024

Menu Item	Allergens													
														
Special Diet Mains	Celery	Cereals with Gluten (WHEAT, OATS, BARLEY, RYE)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustards	Peanuts	Nuts (from Trees)	Sesame	Soya/Soybeans	Sulphur D02/Sulphites
SD Beany Pasta (188678)														
SD Bean Chilli with Rice SULPHITES <10PPM (188664)														
SD Beef Chilli & Rice (188670)														
SD Chicken 'Fried' Rice (188669)														
SD Roast Chicken & Potatoes (188672) CONTAINS FULLY REFINED SOYBEAN OIL														
SD Gluten Free Breaded Fish & Chips (188675)					✓									
SD Gluten Free Cheese & Tomato Pasta (188667)							✓						✓	
SD Herby Chicken & Potatoes (188674)														
SD Savoury Minced Beef with Potatoes (188673)														
SD Gluten Free Macaroni Cheese (188671)							✓						✓	
SD Gluten Free Tomato & Lentil Pasta (188668)														
SD Vegetable Paella (188677)														
SD Vegetable Pie with Potato Top (188666)														
SD Veggie Balls in Tomato Sauce with Rice (188665)														
SD COS Incredible Burger (93170473)														